

### Depression Session 3

**Materials:** Guide slides 1-8, Moods and thoughts cards, List of Pleasant Activities

Topic	Materials	Advisor Text
Introduction to the session	Guide 1  How depression works	<p>1.You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2.These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3.When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4.When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5. Today we are going to focus on how changing the things you do will help you get better control of your moods.</p>
Review Take Home Project progress	Guide 2 Take home project sheet Completed Moods and Thoughts Cards	<p>1.How have your moods been? <i>Refer to Moods and Thoughts cards.</i> When were you feeling your worst, what were you thinking? Can you revise the negative thoughts? How about when you were feeling good?</p> <p>2.Did you use a different situation for your STARS chart? <i>Review STARS and assist in or reinforce in revising thoughts.</i></p> <p>3.What pleasurable activity were you able to do? How did you feel?</p> <p>4. Did you get to practice relaxation?</p> <p><i>If she did not do homework, discuss its importance and have her role- play convincing you why it is important and how to get it done.</i></p>
Effect of activities on mood	Guide 3	<p>1.From what we know about depression you remember that the fewer pleasant activities people have, the more depressed they feel. Just telling yourself to feel better isn't enough. The things that you do will change the way that you are feeling. People stop doing things when they are depressed and then they stay depressed because they aren't doing the things that make them feel better .</p> <p>2. To break this vicious cycle, you need to increase those activities that make you feel better. These activities can be called pleasant, rewarding, enjoyable or relaxing. When we talk, let's refer to them as pleasant activities. Pleasant activities are those things you can do that make you feel happy and often make you feel relaxed.</p> <p>3.What activities make you feel happy? What was another recent pleasant activity you did? What was enjoyable about it?</p>
Identifying pleasant activities	Guide 4  List of Pleasant Activities handout	<p>1.Pleasant activities are different for different people. Some people like reading a book. For other people that would be boring and they would rather go to a shopping mall. They do <u>not</u> have to be special activities. Most of them are everyday things. Some people especially like spending times with friends. Some people feel good when they do something useful. Other activities are just pleasant like</p>

		eating at a favorite restaurant. Are any of those things, activities that make you feel especially good? Let's look at this list that might help you to come up with your own personal list of activities. You can also add things that you like. Remember they can be small everyday things, a bubble bath, take time to relax with a cup of coffee Let's try to find three activities that you consider pleasant and check them off. <i>Review list of activities.</i>
Obstacles to pleasant activities	Guide 5	<p>1. There may be obstacles to your actually getting to do things that give you pleasure. Are there negative things you say to yourself that might make it less likely that you get to do your activities, like “ I probably won’t like it” ? <i>Help her in revising these thoughts and stress how she may need to do this on her own.</i> Will it be hard to get to do pleasant activities because of other people? <i>Explore if this might be partner.</i></p> <p>2. Two other obstacles may be money or kids. What are pleasant activities for which you do not need to spend much money? Are there any that can be done with or without your kids? Think of several pleasant activities you can do for free or with or without your children. <i>Check these on the list</i></p>
Planning pleasurable activities	Guide 6	<p>1. Pleasant activities don't just happen on their own. It is important to plan and schedule pleasant activities. Planning and scheduling is a way to gain control over your life. What might get in the way for you when you want to do a pleasant activity? Thinking ahead about possible problems may help you avoid the problem and actually get to do what you want. If you want to do something without kids, plan to do it when they nap or someone watches them. If you want to do something with kids, it will be more enjoyable if it is not too long and is right for their age.</p> <p>2. Then make a plan. Let’s plan around one activity. What would you choose? What did you enjoy about that in the past? How long will it take? On which day can you do it? What things could get in the way? <i>Write in on Take Home Project sheet</i></p>
Rewarding herself	Guide 7	<p>1. Each day you have lots of things you have to do. Many of those things are for other people. It’s important that you find something to reward yourself for completing the goals for that day. A reward of a pleasant activity will help improve your mood. It is important to balance the things you have to do with the things you like to do.</p>
Take home project plan	Guide 8 Take Home Project sheet List of pleasant activities Moods and thoughts cards	<p>1. Select two pleasant activities that you will do each week. You can use the one we just planned .What else do you think you would choose? When can you do them? What planning do you need to do to make them happen? <i>Record her plan on the sheet. Have her recall what she liked about that activity when she did it in the past.</i></p> <p>2. You can do more if you like. Put a check mark by any of these pleasant activities that you end up doing.</p> <p>3. Do a Moods and Thoughts card on each of the days you do a pleasant activity. Record your mood before, during, and after you do the pleasant activity. Let’s see how the activity makes you feel.</p>
Closure		What are your thoughts about our discussion today? Do you expect any problems with your plan?

